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## CLAIMS

1. A method of controlling a packet switched network bandwidth which includes a plurality of multimedia transceiver for transferring multimedia communications from at least one multimedia transceiver to at least one other multimedia transceiver, wherein the method comprising the steps of:

transmitting a first type of communication with a first bit rate;

transmitting a second type of communication simultaneously with
said first type of communication for a predefined period of time;

calculating said network bandwidth for providing said network available bandwidth; and

adjusting packet transmission bitrate in accordance with said network available bandwidth for controlling said network bandwidth.

- The method of claim 1, wherein in the step of transmitting the second type of communication comprises the step of increasing transmission bit rate.
  - 3. The method of claim 1, additionally comprising the step of monitoring, said monitoring including:

requesting for network available bandwidth;
restoring transmission bit rate to the first bit rate; and
receiving network available bandwidth.

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- 4. A method for controlling data transportation over a network, comprising the steps of:
  - a. transmitting data at a first bit rate;
- b. detecting an available bandwidth of said network, said detection being in real time and substantially simultaneous with said transmission of data with a first bit rate; and
- c. transmitting data at a second bit rate, said second bit rate being in accordance with said available bandwidth of said network that was detected in step (b).
- 5. The method of claim 4, wherein the transmission of data over said network is over a path of a network having a predetermined maximum bandwidth, and

the step of detecting an available bandwidth of said network, includes:

transmitting data at a first bit rate;

transmitting at least one test data packet in an increased bit rate for detecting at least one congestion in the path; and

transmitting data at said first bit rate and receiving a result of said detection.

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